



National Park Service
U.S. Department of the Interior

Florissant Fossil Beds
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Florissant Fossil Beds News Release

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Florissant Fossil Beds to Host “Hikes for Your Health” Program

Is getting more exercise one of your New Year’s Resolutions? Want to avoid crowds at the gym, and would rather exercise outdoors, hiking and snowshoeing? Do you enjoy visiting national parks? On Wednesday, January 15th, Florissant Fossil Beds National Monument will launch a new community health program called, “Hikes for Your Health.”

Hikes for Your Health will run every Wednesday and Saturday from January 15th to March 15th, 2014. These ranger-led hikes will vary in length from 2 – 5 miles. Depending on conditions, the hikes may either be on foot or by snowshoe. The Monument offers free snowshoes if needed. Participants must provide all other equipment and safety gear such as layered clothing, appropriate footwear, water, and snacks. Trekking or ski poles are recommended. Participants must be 10 years or older.

The first hike will begin at the visitor center at Florissant Fossil Beds National Monument at 10 a.m. on Wednesday, January 15th and will hike along the Sawmill Trail (2.3 miles).

Hikes for Your Health program will be offered in partnership with Florissant Fossil Beds National Monument, the Teller County Community Partnership Family Resource Center, and the Friends of the Florissant Fossil Beds. This hiking program is part of the National Park Service’s Healthy Parks, Healthy People US initiative working to reintegrate human, environmental, and ecological health into the mission of public parks and public lands.

Florissant Fossil Beds National Monument is open 9 a.m. to 5 p.m. daily. The entrance fee for the park is \$3.00 per adult (16 years or older) or free with one of the many federal land passes.

For more information please call the Monument at (719) 748 – 3253 ext. 122 or 202 or visit our website at <http://www.nps.gov/flfo>.

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